

Stretching



Start moving



from 1 to 2 per week



from 2/7/2018 to 3/21/2018



Fred Burnett

Workout 1

6 exercises 3 minutes 24 MOVES 12 kcal

1 - Stretching - Sleeper Stretch



Sets: 1
 Duration: 30 sec
 Rest time: 1 sec

2 - Stretching - Glutes - crossover



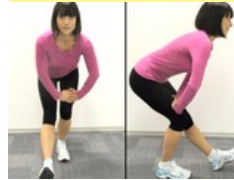
Sets: 1
 Duration: 30 sec
 Rest time: 1 sec

3 - Stretching - Hip flexors - half kneeling



Sets: 1
 Duration: 30 sec
 Rest time: 1 sec

4 - Stretching - Single Leg Hamstring stretch standing



Sets: 1
 Duration: 30 sec
 Rest time: 1 sec

5 - Stretching - Chest Wall Stretch



Sets: 1
 Duration: 30 sec
 Rest time: 1 sec

6 - Stretching - Lateral neck flexion - hand on back



Sets: 1
 Duration: 30 sec
 Rest time: 1 sec